



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 15022, Fish, cusk, raw

Report Date: June 25, 2017 18:24 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 122g	3.0 oz 85g
<strong>Proximates</strong>						
Water	g	76.35	25	0.662	93.15	64.90
Energy	kcal	87	--	--	106	74
Energy	kJ	364	--	--	444	309
Protein	g	18.99	12	0.383	23.17	16.14
Total lipid (fat)	g	0.69	4	0.106	0.84	0.59
Ash	g	1.25	6	0.133	1.52	1.06
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
<strong>Minerals</strong>						
Calcium, Ca	mg	10	23	5.029	12	8
Iron, Fe	mg	0.83	--	--	1.01	0.71
Magnesium, Mg	mg	31	19	2.018	38	26
Phosphorus, P	mg	204	6	17.349	249	173
Potassium, K	mg	392	22	14.022	478	333
Sodium, Na	mg	31	20	5.357	38	26
Zinc, Zn	mg	0.38	76	0.010	0.46	0.32
Copper, Cu	mg	0.018	74	0.001	0.022	0.015
Manganese, Mn	mg	0.015	--	--	0.018	0.013
Selenium, Se	µg	36.5	--	--	44.5	31.0
<strong>Vitamins</strong>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.042	--	--	0.051	0.036

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 122g	3.0 oz 85g
Riboflavin	mg	0.133	7	0.023	0.162	0.113
Niacin	mg	2.686	7	0.083	3.277	2.283
Pantothenic acid	mg	0.279	7	0.028	0.340	0.237
Vitamin B-6	mg	0.387	3	0.085	0.472	0.329
Folate, total	µg	2	--	--	2	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	2	--	--	2	2
Folate, DFE	µg	2	--	--	2	2
Vitamin B-12	µg	1.04	7	0.125	1.27	0.88
Vitamin A, RAE	µg	18	--	--	22	15
Retinol	µg	18	--	--	22	15
Vitamin A, IU	IU	60	--	--	73	51
<b>Lipids</b>						
Fatty acids, total saturated	g	0.130	--	--	0.159	0.111
Fatty acids, total monounsaturated	g	0.090	--	--	0.110	0.076
Fatty acids, total polyunsaturated	g	0.280	--	--	0.342	0.238
Cholesterol	mg	41	--	--	50	35
<b>Amino Acids</b>						
Tryptophan	g	0.213	--	--	0.260	0.181
Threonine	g	0.833	--	--	1.016	0.708
Isoleucine	g	0.875	--	--	1.067	0.744
Leucine	g	1.544	--	--	1.884	1.312
Lysine	g	1.744	--	--	2.128	1.482
Methionine	g	0.562	--	--	0.686	0.478
Cystine	g	0.204	--	--	0.249	0.173
Phenylalanine	g	0.742	--	--	0.905	0.631
Tyrosine	g	0.641	--	--	0.782	0.545
Valine	g	0.979	--	--	1.194	0.832
Arginine	g	1.137	--	--	1.387	0.966
Histidine	g	0.559	--	--	0.682	0.475
Alanine	g	1.149	--	--	1.402	0.977
Aspartic acid	g	1.945	--	--	2.373	1.653
Glutamic acid	g	2.835	--	--	3.459	2.410

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 122g	3.0 oz 85g
Glycine	g	0.912	--	--	1.113	0.775
Proline	g	0.672	--	--	0.820	0.571
Serine	g	0.775	--	--	0.946	0.659
Other						